AVILA UNIVERSITY
EAGLES™

WOMEN'S BASKETBALL

2005-2006 MEDIA GUIDE

Eagles Hope New Faces Bring New Results in 2005-2006

The Avila University women's basketball team entered the 2004-2005 season with high hopes. They ended the season in disappointment. Season-ending injuries to Rachel Bradberry and Niki Lincoln, inconsistent play on the perimeter, and struggles on both the offensive and defensive end translated into an 11-21 mark and a 10th place finish in the Heart of America Conference. Needless to say, fourth year Head Coach Greg Mittelsteadt is in search of some better results this year.

"Throughout the off-season, the coaching staff took a long look at the program. While we felt that while the effort level was there most of the season, there were certainly some areas we needed to address. Some changes definitely had to be made."

The most obvious change in the Avila program comes in the area of personnel. Ten new faces appear on the Eagle roster and many of them are expected to play key roles during the 2005-2006 season. The newcomers are not only numerous, but talented as this year's class features four All-State selections and several of the top players from the Kansas City Metro area as well.

"We felt like one of our biggest areas of concern was internal competition. We want the people that play for us to really have earned that spot by proving themselves in the preseason and by continuing to prove themselves daily in practice."

Graduation hit the Eagles hard in 2005 as four individuals who made significant contributions are now gone. Post player Kayla Thomas, who scored 1,285 points in her career, has departed. Also gone are guards Emily Eagan, who finished second in the Heart of America Conference (HAAC) in 3-point shooting and Angie Kessler, an All-Conference selection and the HAAC's fourth-leading scorer in 2004-2005. Bradberry, who missed the entire season with a knee injury, has also elected to forgo her one remaining year of eligibility.

The Eagle's lone returning starter is a solid one. Junior Lauren McCarthy (6'0 Leawood, KS) played significant minutes throughout the year and was a double-figure scorer in each of her last nine games in 2004-2005. Mittelsteadt expects her to continue to providing both scoring and rebounding for the Eagles.

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Eagle Athletics
ONLINE
www.avila.edu/athletics

BY THE NUMBERS

SCORING (TOP RETURNEES)

Lauren McCarthy .....6.8 ppg
Caitlin Stephenson .....5.3 ppg
Nicole Williamson .....5.0 ppg

REBOUNDING (TOP RETURNEES)

Caitlin Stephenson .....4.7 rpg
Lauren McCarthy .....4.2 rpg
Dani Asher .....3.4 rpg

FIELD GOAL % (TOP RETURNEES)

Dani Asher 51%
Caitlin Stephenson 48%
Lauren McCarthy 48%

FREE THROW % (TOP RETURNEES)

Kate McClung 83%
Caitlin Stephenson 68%

2006 OUTLOOK

(continued)

"Lauren had a solid sophomore year and we expect her to continue to grow and develop as a player. She really got comfortable down the stretch and we hope that her confidence level continues to rise."

The other four starting positions are unsettled as of right now. Juniors Nicole Williamson (5'6 Kansas City, MO) and Caitlin Stephenson (5'10 Dallas, TX) logged the most minutes among Eagle returnees behind McCarthy, but both will be challenged by newcomers this season. Fellow juniors Kate McClung (5'10 Rogersville, MO) and Brianna Lantsberger (5'7 Raytown, MO) had strong showings in the spring and summer and expect to push for time as well. The Eagles will be young. Elise Wendt is the lone senior on the roster that also contains eight true freshmen.

"It will be interesting to see how things fall into place this season. We had an excellent recruiting class, maybe one of the best I have ever been associated with. I think all of our newcomers are really going to push our returnees this year."

The Eagles open the season once again at the Benedictine Classic Nov. 4-5, where they square off against Bethel College (KS) and Kansas Wesleyan University. The Eagles open conference play on Nov. 17 when they host defending Heart of America Conference Champion Evangel.

COACHES

Head Coach
Greg Mittelsteadt

Head Coach Greg Mittelsteadt returns for his fourth season as the head coach of the Lady Eagles. Mittelsteadt, a Wisconsin native, is well known in the circle of women's basketball in the Kansas City area and around the country.

In all, Mittelsteadt has 15 years of college coaching experience, also serving as the head coach at Highland Community College for five years and as an assistant coach at Upper Iowa University, Bethany Lutheran College (MN), Martin Luther College (MN), and Marian College (WI).

In addition to his college coaching, Mittelsteadt is also an active and successful summer basketball coach. A well-respected instructor on the summer camp circuit, Mittelsteadt has served on the camp staffs at the University of Wisconsin, Marquette University, Southwest Missouri State, and Mizzou. He currently serves as a consultant for Higher Level Camps, Inc., one of the largest girls' basketball programs in Wisconsin and has previously coached with Higher Level Camps, the Missouri Valley Eclipse, and the nationally renowned North-Tartan AAU program in Minnesota.

Assistant Coach
Bob Lehman

Assistant Coach
Megan Pederson

AVILA UNIVERSITY EAGLES

2005 – 2006 WOMEN'S BASKETBALL

#	NAME	YR	POS	HGT	HOMETOWN	PREVIOUS SCHOOL
10	Nigel Geuther	JR	G	5'6	Lamoille, IL	Blackhawk East College
11	Lauren McCarthy	JR	F	6'0	Leawood, KS	St. Thomas Aquinas HS
12	Teresa Diebal	FR	G	5'6	Herrman, MO	Herrman HS
13	Sarah Parker	FR	G	5'6	Leawood, KS	Shawnee Mission East HS
14	Emily Hoskins	FR	G	5'6	Shawnee, KS	Shawnee Mission Northwest HS
15	Lindsey White	FR	G/F	6'0	Harrisonville, MO	Harrisonville HS
20	Nicole Williamson	JR	G	5'6	Kansas City, MO	Hickman Mills HS
21	Kate McClung	JR	G/F	5'10	Rogersville, MO	Logan-Rogersville HS
22	Caitlin Stephenson	JR	F	5'10	Dallas, TX	Bishop Lynch HS
23	Briana Lantsberger	JR	G	5'7	Raytown, MO	Raytown South HS
24	Kayle Walker	FR	G	5'8	Lamar, CO	Lamar HS
30	Dani Asher	SO	F	6'0	Billings, MO	Billings HS
31	Ashley Simpson	JR	G	5'7	Belton, MO	Belton HS
32	Elise Wendt	SR	G	5'7	Raytown, MO	Penn Valley CC
33	Ashley Townsend	FR	F	6'0	Orrick, MO	Orrick HS
35	Katie Dugan	FR	G/F	5'10	Kansas City, MO	Oak Park HS
40	Nikki Kidwell	FR	F	5'11	St. Joseph, MO	Lafayette HS
42	Amanda Murphy	SO	F	5'10	Belton, MO	Belton HS
44	Tiara Burns	SO	G	5'7	Raytown, MO	Raytown South HS
52	Myranda Stubbs	JR	C	6'3	St. Louis, MO	Otero Junior College

Junior Lauren McCarthy is the lone returning starter for the Eagles. McCarthy averaged almost seven points and five rebounds per game.

Junior Nicole Williamson returns on the perimeter but will be challenged by a number of talented newcomers.

Junior Kate McClung hopes a strong showing in the off season means a bigger role for her in 05-06.

2005 Women's Basketball Schedule

Date	Day	Opponent	Time	Location
11/4/05	Fri	Benedictine Classic (KS Wesleyan)	5:30	Atchison, KS
11/5/05	Sat	Benedictine Classic (Bethel)	4:00	Atchison, KS
11/8/05	**Tue**	**McPherson**	**5:30**	**Kansas City, MO**
11/11/05	Fri	Hannibal-LaGrange Classic (Stephens)	3:00	Hannibal, MO
11/12/05	Sat	Hannibal-LaGrange Classic (Wm. Penn)	12:00	Hannibal, MO
11/15/05	Tue	St. Mary	7:00	Leavenworth, KS
11/17/05	**Thu**	**Evangel**	**5:30**	**Kansas City, MO**
11/19/05	Sat	Lindenwood	2:00	St. Charles MO
11/22/05	**Tue**	**Kansas Wesleyan**	**5:30**	**Kansas City, MO**
12/1/05	Thu	Benedictine	5:30	Atchison, KS
12/3/05	**Sat**	**Baker**	**2:00**	**Kansas City, MO**
12/6/05	**Tue**	**St. Mary**	**7:00**	**Kansas City, MO**
12/8/05	Thu	Central Methodist	5:30	Fayette, MO
12/10/05	**Sat**	**Culver-Stockton**	**2:00**	**Kansas City, MO**
12/30/05	**Fri**	**Alumni Game**	**7:00**	**Kansas City, MO**
1/3/06	Tue	Missouri Southern State (Exhib.)	7:00	Joplin, MO
1/5/06	**Thu**	**Graceland**	**5:30**	**Kansas City, MO**
1/9/06	Mon	Mid-America Nazarene	5:30	Olathe, KS
1/12/06	Thu	William Jewell	5:30	Liberty, MO
1/14/06	**Sat**	**Missouri Valley**	**2:00**	**Kansas City, MO**
1/19/06	Thu	Evangel	5:30	Springfield, MO
1/21/06	**Sat**	**Lindenwood *#**	**2:00**	**Kansas City, MO**
1/23/06	Mon	Messenger	5:00	Joplin, MO
1/26/06	**Thu**	**Benedictine**	**5:30**	**Kansas City, MO**
1/28/06	Sat	Baker	2:00	Baldwin City, KS
2/2/06	**Thu**	**Central Methodist**	**5:30**	**Kansas City, MO**
2/4/06	Sat	Culver-Stockton	2:00	Canton, MO
2/9/05	Thu	Graceland	5:30	Lamoni, IA
2/11/06	**Sat**	**Stephens**	**4:00**	**Kansas City, MO**
2/13/06	**Mon**	**Mid-America Nazarene**	**5:30**	**Kansas City, MO**
2/16/06	**Thu**	**William Jewell**	**5:30**	**Kansas City, MO**
2/18/06	Sat	Missouri Valley	2:00	Marshall, MO
		HAAC Conference Tournament	TBA	
		NAIA National Tournament	TBA	Sioux City, IA

Bold-faced games denote home games played at Avila University.
*Indicates Heart of America Athletic Conference opponent.
Hall of Fame & Alumni Day

AVILA INFORMATION

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Sports Information Director and Head Coach/Women's Basketball
Greg Mittelsteadt 816-501-3740
Head Coach/Men's Basketball
Anthony Hall 816-501-3743
University Enrollment 1,800
Mascot Eagles
Colors Purple & Gold
Affiliation NAIA
Conference
Heart of America Conference

Avila University holds membership in the National Association of Intercollegiate Athletics (NAIA). Founded in 1937, the NAIA is a collegiate governing body that has grown to encompass 23 national championships. Every year more than 50,000 student athletes participate in NAIA competition. Today the NAIA is comprised of over 330 four-year accredited colleges and universities.

Avila University is also a member of the Heart of America Athletic Conference (HAAC). Generally considered one of the top small college athletic conferences in the country, the HAAC is comprised of 11 schools located in Missouri, Kansas, and Iowa. The HAAC provides intercollegiate competition in 18 different men's and women's sports.

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The Avila University athletic logo was very recently redesigned and will represent all women's and men's sports programs at Avila University. Members of the media can contact the AU Office of Marketing & Communication for logos and usage guidelines at omc@avila.edu or 816-501-3753.